

Sports Nutrition

All kids and teenagers need to eat a variety of foods, and athletes are no different.

Foods to Include:

- Protein (meat, dairy, eggs)
- Carbohydrates (bread, pasta, rice, fruit)
- Vegetables (carrots, green beans etc.)

You also need fat found in oils and butter but these should be limited.

Why are Athletes Different?

Athletes may need more food because of the increased calories burned when playing sports.

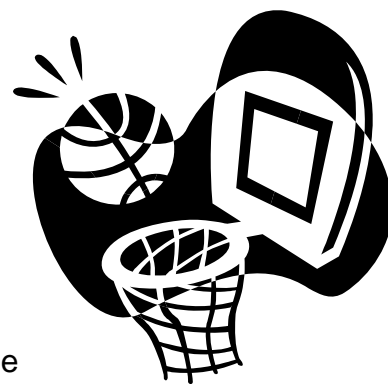
It is important to think about how much time you spend practicing. Do you practice everyday for a couple of hours? Do you have intense or light workouts? These factors will make a difference in how much you eat.

Competition and Practice

Eat 3-4 hours before practice or a game. This will allow plenty of time for your food to digest. You also do not want to be hungry so take a healthy snack if needed. Eat a healthy snack after an intense practice to help your body recover quickly and be ready for your next practice session.

Healthy Snack Ideas for Energy

- Apple or banana slices with peanut butter
- Whole grain granola bars
- Yogurt
- Peanut butter and crackers
- Cheese and crackers
- Whole grain muffin
- Smoothies made with fruit and yogurt
- Dry whole grain cereal with fruit
- Cottage cheese with fruit
- Whole grain bagel with cream cheese



Avoid Foods High in Fat, Sugar, and Fiber Prior to Practice

These foods take longer to digest and could cause your stomach to hurt

Examples include:

- Cheeseburgers
- French fries
- Candy
- Soda
- Ice cream
- Chips
- High fiber granola bars or cereal
- High fiber vegetables and fruits

Avoid Trying New Foods on Competition Day

Certain foods affect people differently and could cause gas, cramping or diarrhea. These side effects could cause you to have stop or slow down. To prevent this from happening, try new foods on days other than competition!

